

Prenatal Plan of Care



Refer to pages i-iv in Your [Pregnancy and Childbirth Handbook](#) for more information

Approximate Weeks of Pregnancy

Goals

Expected Activity

FIRST TRIMESTER

Before 12 weeks

Exchange information
and identify risk factors
that may impact pregnancy

OB registration
Initial Labs
Prenatal Vitamins
Referrals/ Consults

SECOND TRIMESTER

10-13 weeks

Determine current health status
& work toward a healthy pregnancy

OB Physical

16-20 weeks

Work toward a comfortable
pregnancy

OB Return*
MSAFP Test
Cystic fibrosis

18-20 weeks

Refer to pages 111-112
in your handbook

Ultrasound

24 weeks

Prevent pre-term labor for
A safe & healthy baby

OB Return*

THIRD TRIMESTER

28 weeks

Monitor baby and maternal
Progress & learn to count
Fetal movements

OB Return*
Routine Labs
Glucola Test

30-32 weeks

Prepare for baby's arrival

OB Return*
prenatal classes

35-36 weeks

Begin preparations for
The hospital experience

OB Return*
Pre-register
GBS Test

38-41 weeks

Prepare for delivery

Weekly OB Return

41 weeks

Ensure fetal well being

OB Return*
Cervical Exam
Non Stress Test
AFI
Schedule Induction

*OB Return: Listening to the baby's heart rate and measuring the size of your uterus